

**Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children**

**Module 7: Grains Component**  
**Part A – Crediting Requirements**




Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education

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**Module 7 Topics**

Requirements for Grains Component	Covered in
1. Crediting	Part A
2. Whole grain-rich (WGR)	Part B
3. Ounce equivalents	Part C



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**Bite Size Training Modules**

- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting  
Part B: Grains Component – Whole Grain-rich  
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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**Key Points About Crediting Requirements for Grains**


- Grain-based desserts do not credit
- Commercial products must contain a creditable grain as greatest ingredient
- Recipes must be made with creditable grains
- Sugar limit for breakfast cereals: ≤ 6 grams of sugars per ounce

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**Reduce Choking Risk**

- Consider age and developmental readiness
  - Plain wheat germ
  - Whole-grain kernels such as rice or wheat berries
  - Crackers or breads with seeds, nut pieces, or whole-grain kernels
  - Breakfast cereals containing nuts, whole-grain kernels, and hard chunks (e.g., granola)
  - Popcorn




<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

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**Allowable Grains**

- Breads and bread products
- Snack products, e.g., crackers (including animal and graham crackers) hard pretzels, tortilla chips, and popcorn
- Cereal grains, e.g., brown rice and quinoa
- Ready-to-eat (RTE) breakfast cereals
- Cooked breakfast cereals
- Bread products as ingredient in another menu item
- Pasta products




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### Grain-based Desserts Do Not Credit

- Contain added sugars and saturated fat
- Contribute to increased risk of chronic diseases
- Includes all grain-based desserts
  - commercial products
  - foods made from scratch
  - whole grain-rich products and recipes



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### Identifying Grain-based Desserts



<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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### Two Methods to Identify Grain-based Desserts

- **Method 1: USDA's chart, Exhibit A: Grain Requirements for Child Nutrition Programs**
  - Indicated in red with footnote 3 or 4

Group	Food Item	Amount (per day)
Group 1	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 2	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 3	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 4	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 5	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 6	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 7	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 8	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 9	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 10	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 11	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 12	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 13	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 14	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
Group 15	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz
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Group 100	Cereal (whole grain, enriched)	1 oz eq = 34 g or 1.2 oz


<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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### Two Methods to Identify Grain-based Desserts


- **Method 2: Common perceptions of food**
  - Is it thought of or served as a dessert?
  - Is it frosted, iced, or dessert-flavored?
  - Does it contain custard filling or candy?
  - Is it in the shape of a cookie or packaged like a dessert?



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### Cannot Rely on Product's Name

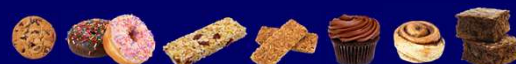


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### Examples of Grain-based Desserts

- Brownies
- Cakes, including coffee cake and cupcakes
- Cereal bars, breakfast bars, and granola bars
- Cookies, including vanilla wafers
- Doughnuts
- Fruit-filled rolls/bars/cookies, e.g., fig bars
- Gingerbread
- Ice cream cones
- Marshmallow cereal treats
- Pie crusts of dessert pies, cobblers, and fruit turnovers
- Sweet bread puddings
- Sweet biscotti, e.g., made with fruits, chocolate, or icing
- Sweet croissants, e.g., chocolate filled
- Sweet pita chips, e.g., cinnamon-sugar
- Sweet rice puddings
- Sweet scones, e.g., made with fruits or icing
- Sweet rolls, e.g., cinnamon rolls
- Toaster pastries



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### Not Grain-based Desserts

- Animal and graham crackers
- Banana bread, zucchini bread, and other quick breads
- Cornbread
- French Toast
- Muffins
- Pancakes
- Pie crusts of savory pies, e.g., vegetable pot pie and quiche
- Plain croissants
- Waffles
- Savory bread or rice puddings, such as those made with cheese, vegetables, or herbs
- Savory scones, such as those made with cheese, vegetables, or herbs

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### Recommended Limit for Sweet Crackers

■ No more than two times per week between all CACFP meals and snacks




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### USDA Resource

**Webpage: Grain-Based Desserts in the CACFP**

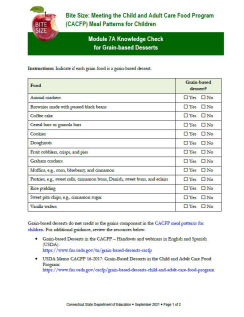
- Handouts and webinars in English and Spanish

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

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### Knowledge Check: Grain-based Desserts



[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite\\_Size\\_Knowledge\\_Check\\_Module\\_7A\\_Grain\\_Based\\_Desserts.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_7A_Grain_Based_Desserts.pdf)

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### Knowledge Check: Grain-based Desserts

Food	Grain-based dessert?
Animal crackers	No
Brownies made with pureed black beans	Yes
Coffee cake	Yes
Cereal bars or granola bars	Yes
Cookies	Yes
Doughnuts	Yes
Fruit cobblers, crisps, and pies	Yes

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### Knowledge Check: Grain-based Desserts

Food	Grain-based dessert?
Graham crackers	No
Muffins, e.g., corn, blueberry, and cinnamon	No
Pastries, e.g., sweet rolls, cinnamon buns, Danish, sweet buns, eclairs, and toaster pastries	Yes
Rice pudding	Yes

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### Knowledge Check: Grain-based Desserts

Food	Grain-based dessert?
Sweet pita chips, e.g., cinnamon sugar	Yes
Vanilla wafers	Yes

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### Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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### Creditable Grains

- Whole grains
- Enriched grains
- Bran
- Germ

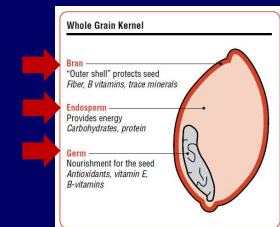


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### Whole Grains

- Consist of the entire grain kernel



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### Examples of Whole Grains

Amaranth	Graham flour
Berries and groats (e.g., wheat berries, rye berries, oat groats, buckwheat groats)	Millet
Brown rice	Oats
Bulgur	Quinoa
Buckwheat	Sprouted wheat
Cracked wheat	
Dehulled barley	



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### How to Identify Whole Grains


1. Contains "whole" before the grain name
  - Whole grain [name of grain, e.g., wheat, rye, or oats]
  - Whole wheat
  - Whole [name of grain]
  - Stoneground whole [name of grain]



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### How to Identify Whole Grains



**Ingredients:** *Unbleached enriched wheat flour (wheat flour, niacin, iron, thiamine, riboflavin, folic acid), canola oil, salt, yeast, malted barley flour, baking soda*

- Stone-ground wheat
- Stone-ground **whole** wheat = whole grain

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### How to Identify Whole Grains

#### 2. Other names for whole grains

- Berries, e.g., wheat berries and rye berries
- Groats, e.g., barley groats, wheat groats, and oat groats
- Oats and oatmeal (including old-fashioned oatmeal, instant oatmeal)
- Graham flour
- Brown rice
- Many other grains, e.g., quinoa, millet, amaranth, buckwheat, and sorghum


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### How to Identify Whole Grains

#### 3. Whole-wheat products with Food and Drug Administration (FDA) standard of identity

- whole-wheat bread, rolls, and buns
- entire wheat bread, rolls, and buns
- graham bread, rolls, and buns (does **not** include graham crackers)
- whole-wheat spaghetti, vermicelli, macaroni, and macaroni products




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### How to Identify Whole Grains

#### 4. Nixtamalized corn

- Soaking/cooking dried corn in an alkaline (slaked lime) solution
- Hominy, masa harina (corn flour), corn masa, and cornmeal
- Review ingredients statement
  - “ground corn with trace of lime”
  - “ground corn treated with lime”



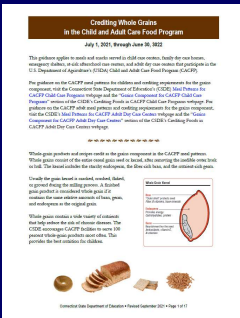
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### CSDE Resource

#### Crediting Whole Grains in the CACFP

- Guidance on how to identify whole grains



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>


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### Enriched Grains

- Refined grains and grain products with **5 vitamins and minerals** added to replace some nutrients lost during processing

1. Thiamin
2. Riboflavin
3. Niacin
4. Folic acid
5. Iron




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### Examples of Enriched Grains

Enriched bromated flour	Enriched rye flour
Enriched corn flour	Enriched wheat flour
Enriched durum flour	Enriched white flour
Enriched durum wheat flour	Any grains stating "enriched"
Enriched farina	
Enriched rice	
Enriched rice flour	



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### How to Identify Enriched Grains

1. Labeled as **enriched** such as enriched long grain rice
2. Enriched grain is **first** ingredient excluding water

**Ingredients: Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, eggs, baking soda, salt**

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### CSDE Resource

#### Crediting Enriched Grains in the CACFP

- Requirements for enriched grains
- Guidance on how to identify enriched grains


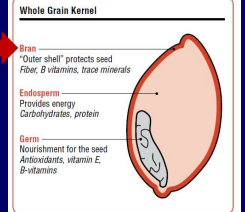
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedGrainsCACFP.pdf>

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### Bran

- Seed husk or outer coating of cereal grains such as wheat, rye, and oats

Whole Grain Kernel

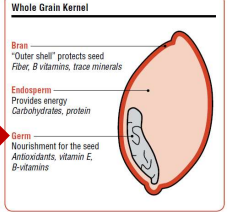
- Bran** – "Outer shell" protects seed. Fiber, B vitamins, trace minerals
- Endosperm** – Provides energy. Carbohydrates, protein
- Germ** – Nourishment for the seed. Antioxidants, vitamin E, B-vitamins

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### Germ

- Vitamin-rich sprouting section of the whole-grain kernel



Whole Grain Kernel


- Bran** – "Outer shell" protects seed. Fiber, B vitamins, trace minerals
- Endosperm** – Provides energy. Carbohydrates, protein
- Germ** – Nourishment for the seed. Antioxidants, vitamin E, B-vitamins

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### Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch




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### Two Crediting Requirements for Breakfast Cereals (RTE and Cooked)

1. A **creditable grain** must be the first ingredient **OR** the cereal must be **fortified**



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### Identifying Fortified Breakfast Cereals

- “Fortified” is listed on the product label **OR**
- Product’s ingredients statement includes names of added vitamins and minerals

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>12</sub> (cobalamin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B<sub>2</sub>, Vitamin D<sub>3</sub>.




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### Two Crediting Requirements for Breakfast Cereals (RTE and Cooked)

1. A **creditable grain** must be the first ingredient **OR** the cereal must be **fortified**
2. **Sugar limit:** ≤ 6 grams of sugars per dry ounce
  - Applies to cereals as purchased

Review first



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### Three Methods to Determine if Cereals Meet Sugar Limit

#### Method 1: WIC list of approved cereals



<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

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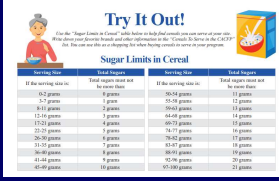
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### Three Methods to Determine if Cereals Meet Sugar Limit

#### Method 2: USDA's sugar limit chart

Choose Breakfast Cereals that are Lower in Sugar

Try It Out!



[https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP\\_Worksheet\\_Choose\\_Breakfast\\_Cereals\\_Lower\\_Sugar.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Choose_Breakfast_Cereals_Lower_Sugar.pdf)


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### Three Methods to Determine if Cereals Meet Sugar Limit

#### Method 3: Calculate using Nutrition Facts label

- Divide **weight of sugars** (grams) by **weight of serving** (ounces)
- If serving weight is in grams, convert to ounces: divide grams by 28.35



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### Example of Using Method 3

**Nutrition Facts**  
Serving Size 1/2 cup (30g)  
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

**30 grams ÷ 28.35 = 1.1 ounces**

A	Sugars (grams)	5
B	Serving size (ounces)	1.1
C	Grams per ounce (Divide A by B)	4.5
D	≤ 6 grams/ounce?	Yes

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### CSDE Resource

#### Crediting Breakfast Cereals in the CACFP

- Requirements for crediting breakfast cereals
- How to identify creditable and WGR products
- Meeting sugar limit

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

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### USDA Resource

#### Webpage: Choose Breakfast Cereals That Are Lower in Added Sugars

- Handouts, training slides, and webinars in English and Spanish


<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

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### Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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### Crediting Requirements for Commercial Grain Products

- A creditable grain must be **first** ingredient
- If water is the first ingredient, the **next** ingredient must be a creditable grain




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### Example 1: Oatmeal Bread

Ingredients: **Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, water, oats, sugar, yeast, soybean oil, contains 2% or less of: wheat gluten, salt, monoglycerides, calcium propionate and sorbic acid to extend freshness, malted barley flour, soy lecithin

**Yes**



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Ingredients: Water, **whole wheat flour**, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate



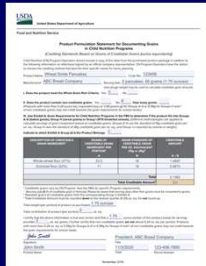
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**Ingredients:** *Semolina flour*, enriched durum wheat flour (durum wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), contains 2 percent or less of: sesame seeds, salt, malt syrup, cultured wheat starch, distilled vinegar, yeast, citric acid, malted barley flour



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- If the ingredients statement does not provide sufficient information, must obtain *product formulation statement (PFS)* from manufacturer



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1. A creditable grain is **not** the first ingredient, but product contains **more than one** creditable grain



**Ingredients:** Wheat flour, *enriched flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, whole wheat flour, sugar, wheat gluten, yeast, soybean oil, salt

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**2. A commercial combination food that contains a grain portion is not CN labeled**



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**3. Manufacturer claims serving size is *less* than amount in USDA's Exhibit A chart**

- Refer to CSDE's *Grain Ounce Equivalents for the CACFP*

[illegible]

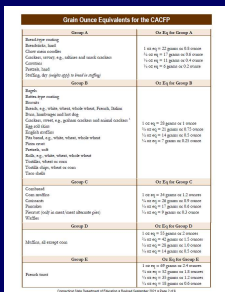
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

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### Four Situations that Require a PFS

4. Product not listed in USDA's Exhibit A chart



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

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### PFS Requirements

- PFS must indicate
  - creditable grains per serving
  - how product provides that amount based on USDA crediting guidance
- CACFP facilities
  - verify accuracy of PFS before including product in reimbursable meals
  - maintain crediting documentation on file


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### CSDE Resource

#### Using Product Formulation Statements in the CACFP

- Required information
- Reviewing PFS
- Resources




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScafp.pdf>

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### Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch




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### Crediting Requirements for Combination Foods

- A creditable grain must be the first **grain** ingredient
- If grain portion is listed separately, a creditable grain must be the first ingredient in **grain portion**



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### Example 1: Combination Food with Ingredients Listed Together

Ingredients: Boneless, skinless chicken breast with rib meat, water, **whole wheat flour**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.

**Yes**



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### Example 2: Combination Food with Grain Portion Listed Separately

Ingredients: Chicken, water, salt, and natural flavor.  
Breaded with: **white whole-wheat flour**, water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.

**Yes**




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### Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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### Crediting Requirements for Grain Foods Made from Scratch

- Recipes must document crediting information
  - Grain foods** must be made with creditable grains
  - Grain portion** of combination foods must be made with creditable grains




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### Crediting Requirements for Grain Foods Made from Scratch

- Crediting information is the recipe's **ounce equivalents** per serving
  - grams of creditable grains per serving **OR**
  - weight of cooked serving



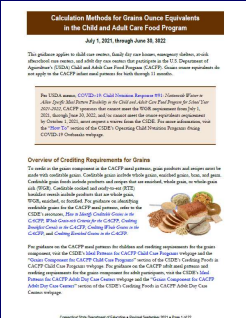
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### CSDE Resource

#### Calculation Methods for Grains Ounce Equivalents for the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart
- Method 2: grams of creditable grains



[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP\\_02eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_02eq.pdf)

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### USDA Resource

#### Determining Ounce Equivalents of Grains in CACFP Recipes

- English and Spanish



<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

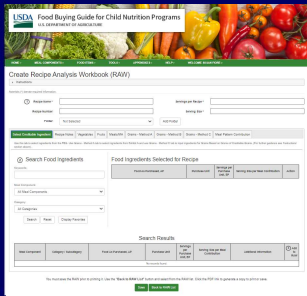
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## USDA Resource

### FBG Recipe Analysis Workbook (RAW): Standardized Recipes

- Determines meal pattern contributions of recipes
- Must create free eAuth Account



<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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## More Resources



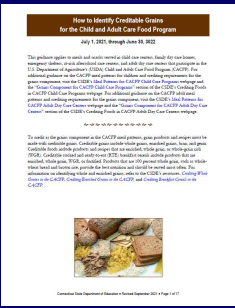
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## CSDE Resource

### How to Identify Creditable Grains in the CACFP

- Crediting criteria for commercial products and grain foods made from scratch
- Flow charts with steps for identifying creditable products



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

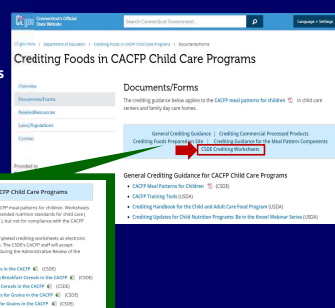
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## CSDE Resource

### Grain Crediting Worksheets

- Commercial Grain Products
- RTE Breakfast Cereals
- Cooked Breakfast Cereals
- Quantity Recipes
- Family-size Recipes



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

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## CSDE Webpage

### Crediting Foods in CACFP Child Care Programs

- Grains Component for CACFP Child Care Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

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## Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
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